

# OUR *Gluten free & Dairy free* DISHES

Please use this in conjunction with the à la carte menu to help you to choose dishes that best suit your dietary requirements.

## NIBBLES

**Rustica olives** | gf df *125kcal*

**Baguette** | gf with gluten-free bread *432kcal* | df without butter *113kcal*

**Baguette with dips** | gf | df with gluten-free bread *610kcal*

## STARTERS

**Heritage tomato salad** | gf df *143kcal*

**Potted Devon crab with avocado guacamole** | gf with gluten-free bread *383kcal*

**Chicken liver parfait** | gf with gluten-free bread *582kcal*

**Moroccan mezze platter** | df *510kcal*

**Morteau sausage & potato salad** | df | may contain gluten *615kcal*

**Pea & broad bean salad** | df | may contain gluten *287kcal*

**Grilled squid with chill & ginger** | gf df *340kcal*

**Freshwater trout gravadlax** | gf *157kcal* | df without crème fraîche

**Escargots** | gf with gluten-free bread *351kcal*

## MAINS

**Pan-fried chicken with morels & sherry sauce** | gf *615kcal*

**Rainbow beetroot salad** | df with vegan crème fraîche *464kcal* | gf without croutons *361kcal*

**Roast butternut squash** | df without feta *998kcal*

**Homemade fishcake with free-range poached egg** | gf df *663kcal*

**Duck leg confit with citrus sauce** | gf *1337kcal*

**Smoked pork belly with rhubarb** | may contain gluten *1019kcal* | df without pork jus

**Aubrey Allen steaks with chips, green salad & tomato** | may contain gluten

Sauces: Café de Paris *140kcal*, Béarnaise *223kcal*, Roquefort *130kcal* & peppercorn *43kcal* | gf

**Jimmy Butler's free range gammon steak** | may contain gluten *907kcal*

**Grilled trout fillet with tomato hollandaise** | may contain gluten *792kcal*

**Moroccan mezze platter** | df *794kcal*

**Grilled squid with chill & ginger** | gf df *427kcal*

**Malabar fish curry with toasted coconut** | df | may contain gluten *613kcal*

## SIDES

**Chips** | df | may contain gluten *377kcal*

**French beans** | gf *178kcal*

**Sweet potato fries** | df | may contain gluten *399kcal*

**Minted new potatoes** | gf *136kcal*

**Smooth mash** | gf *187kcal*

**Mixed leaf salad** | gf df *11kcal*

**House coleslaw** | df | may contain gluten *153kcal*

**Mixed greens** | gf df *94kcal*

## DESSERTS

**Chocolate fondant** | gf *617kcal*

**Mango & pineapple crumble** | df *391kcal* | gf without coconut flakes *292kcal*

**Jude's ice cream & sorbets** | gf without Gavotte biscuit



SCAN FOR ALLERGENS

gf | gluten-free df | dairy-free

Where dish is shown as MAY CONTAIN GLUTEN, whilst we do not use gluten in these dishes, they contain ingredients from third party suppliers who state that they are made in a factory that also handles gluten products.

Some of our dishes may contain olive stones, date stone or fish bones. Adults need around 2000kcal per day.

**ALLERGENS:** Please scan the QR code for allergen information or speak to your server. Whilst we have protocols in place to address the risk of cross contamination of allergens, we cannot guarantee their total absence in our food & drink.